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Your essential daily news

Tensions flaring in Venezuela as opposition, socialist supporters face off.

Women-only kitchens heat up

WORKPLACE

Some restaurant owners bucking trend of male-dominated staff

Wanyee Li
Metro | Vancouver

Meeru Dhalwala, right, co-owns Vij's and Rangoli restaurants in Vancouver, which boast all-women kitchens. JENNIFER GAUTHIER/METRO

Peer into a restaurant kitchen in Canada and you are more likely to see men than women dicing onions and searing meat, something celebrity chef Jamie Oliver said last week he wants changed.

But some Vancouver restaurant owners — including one well-known and one just starting — have bucked that trend and are instead hiring all-women crews for their kitchens.

Head chef Meeru Dhalwala boasts a 100 per cent women kitchen at both Vij's and Rangoli restaurants, which she co-owns with her partner Vikram Vij.

She hired more than 50 cooks, none of whom had professional chef training, and she taught them the recipes herself.

"It works beautifully for my restaurants because I have virtually zero staff turnover and it has been 20 years."

Dhalwala, who grew up in an Indian household, is passionate about giving immigrant women a chance to work in Canada. All of the women in her award-winning kitchens come to her by referral from staff members and many don't speak English fluently.

"One thing I can do is I can create respectful, fun careers for immigrant Indian women who don't speak the (English) language but have a ton of inner talent and commitment."

Dhalwala said she has hired men before but so far, none have been able to follow her rules.

> "I have a rule in my kitchen that my cooking does not reflect any ego and yelling. My kitchen is a zen place." Meeru Dhalwala

"I have hired men but I have a rule in my kitchen that my cooking does not reflect any ego and yelling. My kitchen is a zen place."

The back-of-house landscape is still dominated by men and Dhalwala calls her situation a "bizarre one-off in the restaurant business."

Hiring only one gender is not practical for most restaurants, she said. For instance, most of her cooks are also mothers, which means maternity and sick leave have a big impact on the kitchen.

Dhalwala came up with a system where everyone has a backup in case someone's child gets sick and she always has at least five women on staff who cover other people's maternity leave.

"We always watched each other's backs and there was this trust that we can all do one another's job."

That sense of camaraderie is what makes working with other women so rewarding, says another Vancouver restaurant owner.

"In the kitchen it can get very heated sometimes and it can get overwhelming. With women, we feel like we can stand shoulder by shoulder and get through the night," said Chi Le, who was runner-up in Masterchef Vietnam 2014.

She runs a four-woman kitchen at her new Vietnamese restaurant on West 4th Avenue, called Chi Modern Vietnamese Kitchen.

Le, who moved to Vancouver from Edmonton 15 years ago, says helping other immigrant women find meaningful jobs also played a big role in her decision to hire women cooks.

"Most of these women are home cooks. Some of these women had businesses from before in Vietnam, but because of the language barrier, they have a hard time finding a job here."

Le's hiring decisions in the kitchen appears to be working.

Business has been picking up and Le recently hired a "helper" for the kitchen — a young man, she said.

"We'll see how he does," she said, chuckling.

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CODE RED HOUSING CRISIS

Anger at boiling point over prices and stagnating wages

David P. Ball
Metro | Vancouver

"Angry." "Desperate." "Tired." "Screaming into the void."

Those are four descriptors that Vancouver renter Cass Sclauzero uses to sum up her feelings about housing here.

The 33-year-old is just one of the many ordinary younger residents of the Lower Mainland whom Metro has profiled over the past seven weeks, during our Code Red series.

The series has highlighted some of the problems and proposals to prevent a generation 40 and under from being priced out of Metro Vancouver, ideas which emerged from Generation Squeeze, a national advocacy group for people in their 20s, 30s and 40s.

On Tuesday, Sclauzero attended an event hosted by the organization which brought together other renters, landlords, developers, policy-makers and other advocates.

The shared outrage over the way things are, she recalled, was palpable in the room.

"I was really angry," Sclauzero said of her experiences in the rental market, which she has documented through her Twitter account, Dear YVR Landlord.

"You can complain on social media, but that only gets you so far.

"But you can't just scream into the void. You need to direct that somewhere productive. But I know a lot of people don't know where they can get involved or what they can do."

She's not alone in her anger and frustration over rising prices and stagnating wages. But what will it take to channel the outrage into change? Can a "squeezed" generation squeeze back?

In April 2015, a campaign sparked by a single Twitter hashtag brought such voices to the streets. Behind the #donthave1million idea was Eveline Xia.

Looking back on that watershed moment — and the series of protests she organized as the idea gathered steam — Xia mused that she "got lucky" with the right idea and the right time.

"I struck social change lottery," she quipped by text message on Thursday. "I knew I had something and ran with it.

"Vancouver is notorious for its apathy, and I think young people felt and feel (that) even when they speak up, nothing happens."

Since then, the B.C. government changed course on the housing front, vowing to collect data on offshore realty investment, and eventually introducing a 15 per cent tax on such buyers if they're not citizens or permanent residents here.

Vancouver followed suit by cracking down on short-term rental services such as Airbnb, and announcing an empty homes tax. But prices remain out of reach for many.

For Generation Squeeze founder Paul Kershaw, "Politics responds to those who organize and show up," he said in a phone interview. "So we've gotten ourselves into that business."

Inspired by and following in the footsteps of the retiree advocacy group Carp, Kershaw has slowly gathered people together around his campaign, drafted a series of policy proposals, launched a petition, and held events like Tuesday's.

Other groups have popped up too, he insisted, citing Housing Action for Local Taxpayers (HALT), but the aims are similar: to rally Vancouverites' voices, and hopefully push politicians to take them seriously.

"Carp is an example of our parents' and grandparents' demographic — that for society to work for them, they have to have a political voice," he said. "Our demographic needs to be a bit more strategic."

The event Tuesday at the Wosk Centre for Dialogue was a chance to hash out some of those ideas, Kershaw said, and he said that considering the event saw participation from across the "entire housing ecosystem … there was much more common ground than we anticipated."

"People are living the squeeze," he said. "There was a real conversation over the day about how to create political will and political cover for our leaders to act."

Asked for her advice to the young people who want that to happen, Xia said it's one of persistence.

"Social change can definitely happen, and it always happens from the ground up," she told Metro. "Government follows public opinion, and rarely leads.

"Progress also comes in fits and rarely grows gradually. One day the government pretends you don't exist, and the next they're changing policy, and you'll never know when your activism will cause that tipping point."

With a provincial election approaching in May, each political party appears to be positioning itself to carry the populist message that they're tackling the housing crisis affecting ordinary citizens.

"We need to really ramp up efforts," Kershaw said. "We have just over half a year before the next provincial election.

"Numbers mean influence. We have 26,000 members, but if we really want to be influential we need to have more than 100,000 — and to get them before next election."

Eveline Xia's #DontHave1Million campaign emerged from the frustration that many millennials are feeling because of the housing crisis. JENNIFER GAUTHIER/METRO FILE

WHAT DO YOU THINK?

Read more at gensqueeze.ca and let us know what you think at Vancouver@metronews.ca. Comment on this article on Facebook or tweet us with the hashtag #CodeRed. You can also text JOIN to 604-337-0945 to get involved with the Code Red campaign. To read the series in its entirety visit metronews.ca/codered

Cass Sclauzero, an East Vancouver renter, speaks about her experiences at a Generation Squeeze event on Tuesday. GEOFFREY TOMLIN-HOOD/ CONTRIBUTED

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LAWSUIT

Meaningful consultations lacking from feds: Chief

David P. Ball
Metro | Vancouver

Malaysia's state oil company Petronas will face another hurdle to building a liquefied natural gas plant on B.C.'s North Coast.

Two First Nations near its proposed Pacific Northwest LNG project filed lawsuits in federal court on Thursday, asking a judge to overturn Ottawa's approval of the $11-billion facility.

"We have tried for three years to engage the federal government on this project," Chief Malii, chief negotiator for the Gitanyow Hereditary Chiefs, told Metro in a phone interview. "Only in early 2016 did they indicate, 'We want to hear your comments and views.'

"We had a couple meetings June and July, but the material and research we put forward with respect to this project was minimized or denied. It wasn't meaningful consultation."

Chief Yahaan (Donnie Wesley), of the Gitwilgyoots Tribe of the Tsimshian Nation, speaks outside federal court in downtown Vancouver on Thursday about his judicial review seeking to overturn Ottawa's approval of the Pacific Northwest LNG project. DAVID P. BALL / METRO

Gitanyow are members of the Gitxsan nation. Another band, the Gitwilgyoots of the Tshimshian nation, filed its own separate writ Thursday — both lawsuits are seeking a judicial review of Ottawa's Sept. 27 approval of the project.

> **You have to listen to the aboriginal group, take into account what they're saying.**
> Chief Malii

In that decision, the government said its "scientists found no significant effects on fish" and stated that "indigenous peoples were meaningfully consulted, and where appropriate, impacts on their rights and interests were accommodated," according to a press release.

"As well as benefiting from job creation throughout the region, local First Nations communities will also benefit significantly through agreements reached with the proponent," the government stated.

Chief Malii, also known as Glen Williams, disputed those findings, countering that salmon stocks would be decimated if the project goes ahead on the location currently proposed, Lelu Island, which saw a protracted standoff with Indigenous opponents earlier this year.

Gitanyow band — located 80 km northwest of Smithers, B.C. — depends on fisheries, he said, and the construction of the project would damage a natural marine bank that protects young salmon known as smolt.

"That bank was developed during the last ice age thousands of years ago," he explained.

"Millions and millions of salmon smolt go there every year to adjust to salt water for between one and eight months. That's critical habitat."

Additionally, he argued Pacific Northwest LNG's massive enormous carbon footprint will worsen climate change.

"We're seeing the effects of global warming right here in our backyard," he said. "Our creeks are drying up, the Skeena River where we live was the lowest it's been in 100 years, and the glaciers are melting at a rapid pace.

"We hear the federal government making commitments to reducing greenhouse gases — but this project goes in a totally different direction."

The legal challenge saw a third writ filed Thursday from environmental group Skeena Wild Conservation Trust, which argued the Canadian Environmental Assessment Agency issued "flawed information and conclusions about the project's impacts on fish and fish habitat," according to the organization's executive director Greg Knox, in a statement.

Asked what "meaningful consultation" would look like to his First Nation, Chief Malii replied: "It means you have to really listen to the aboriginal group, take into account what they're saying, and you have a discussion," he explained. "It's not just having a meeting or writing a letter; it's an actual exchange."

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PACIFIC NORTHWEST

Feds defend project approval

The federal government is standing behind its decision to approve the massive Pacific North-West LNG project, despite facing new court challenges and accusations that it has broken climate promises.

Two First Nations and an environmental group filed separate applications for judicial review in Federal Court on Thursday. The actions aim to quash the government's approval of the $11.4-billion export terminal near Prince Rupert on British Columbia's northern coast.

The Gitwilgyoots Tribe and Gitanyow Hereditary Chiefs allege the government failed to properly consult with them, while SkeenaWild Conservation Trust is challenging the Canadian Environmental Assessment Agency's conclusion that the project won't have a significant impact on salmon.

Greg Knox, executive director of SkeenaWild, told reporters outside Vancouver's Federal Court that the government's decision to approve the project was disappointing given the "incredible promises" Prime Minister Justin Trudeau made on climate change.

"He said that he was going to balance the economy with the environment," Knox said. "How can you place an $11-billion industrial facility right over top of the most critical salmon habitat in Canada and protect the environment?"

The project, which is majority-owned by Malaysia's state oil company Petronas, would place a natural gas liquefaction facility and export terminal on Lelu Island at the mouth of the Skeena River. The area, called Flora Bank, is a juvenile salmon habitat.

Environment Minister Catherine McKenna announced Sept. 27 the government would approve the project subject to 190 conditions, including a cap on carbon emissions.

She defended the decision Thursday in a statement asserting that the project underwent a rigorous three-year assessment. Indigenous groups participated in the process and will be part of a first-ever "monitoring committee" along with the federal and provincial governments, she said.

SkeenaWild's notice of application said almost 35,000 square metres of fish habitat could be permanently destroyed, and Pacific NorthWest LNG intends to offset this impact by attempting to create fish habitat elsewhere.

The environmental assessment agency expressed uncertainty about the effectiveness of this plan, yet concluded that it and other mitigation measures would reduce the otherwise significant adverse effects of the project on fish, the court document said.

SkeenaWild said it is also challenging the agency's failure to assess the cumulative climate effects of the facility. The agency did look at the annual effects and concluded the project will become one of the largest greenhouse gas emitters in Canada, according to the document.

The Gitwilgyoots is one of the nine allied tribes that make up the Lax Kw'alaams, which claims Lelu Island and Flora Bank as part of its traditional territory.

The Lax Kw'alaams Band — represented by an elected council — signalled its support of the project in March. However, some hereditary chiefs of the allied tribes remain opposed.

In its notice of application, the Gitwilgyoots said it wrote to the environmental assessment agency in April asserting its title and rights to territories including Lelu Island and the project site.

The agency met with the tribe twice this summer, but sent a letter implying that the Lax Kw'alaams Band held the relevant rights and title.

"At no time in its interaction with the Gitwilgyoots did the Agency or the Crown state that it did not intend to fully consult" with the tribe, the document added. THE CANADIAN PRESS

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Protesters: Tax rich to fund affordable housing

CONFERENCE

City looks for solutions to escalating home prices

Jen St. Denis
Metro | Vancouver

The City of Vancouver's housing conference was briefly disrupted this morning when protesters demanding affordable housing stormed the stage.

But the assembled panel of municipal experts used the interruption to highlight the severity of the housing problem, and to call for more action from senior levels of government — including higher taxes.

"A lot of us agree (with the protesters)," said Vancouver Mayor Gregor Robertson, adding he was sympathetic to their call to tax the rich to help those being displaced from their housing.

This week, the city began the process of shutting down a tent city that has been located at 58 W. Hastings St. for the past four months, offering the people camping there space in shelters.

Housing officials from San Francisco, New York and Toronto speaking at Vancouver's Re:Address conference, which is intended to help Vancouver city staff formulate new housing policies, said protests are also a common occurrence in their cities, which have all seen home prices and rents escalate beyond income growth.

Vancouver's number of homeless people is at a 10-year high, while 4,700 people sleep on San Francisco's streets every night.

North American cities have struggled to get a grip on a housing crisis that has spiralled out of control, with at times uneven results.

Toronto has considered raising property taxes to fund transit and housing, but with a $1.7-billion social housing shortfall, it would be a "drop in the bucket," said Toronto city councillor Ana Bailao.

San Francisco rushed to put in place a requirement that all new development include 25 per cent affordable housing, a move that is not based on any research and will likely have to be recalculated, said Kate Hartley, deputy director of San Francisco's mayor's office of housing and community development. It has led to a complete halt of new building permits as developers wait for the uncertainty to be resolved.

Vancouver's empty homes tax could be a model for San Francisco, Hartley said.

"We estimate there's about 7,500 units that are off the market because they are pied-a-terres," she said. "I think Vancouver's model of putting a tax on those and using that money to help fund affordable housing development is very well indicated."

New York has put in place aggressive requirements for the inclusion of affordable housing when property is rezoned (see sidebar). But an effort to tax expensive properties being used as secondary residences was blocked by the state government, said Been.

"We need state governments to step up, we need provincial and federal governments to step up, and often we are not helping each other," said Vicki Been, commissioner of New York City's department of housing. She added that protesters should target those higher levels of government.

"There is a dangerous tip towards more and more activism at a local level, and not enough at the state and federal level," she said.

BACKGROUND

In Vancouver, requirements to include affordable housing can be included in a community plan, like the requirement to include 60 per cent social housing in the newest Downtown Eastside community plan. Alternatively, developers are allowed extra density in exchange for including certain types of units.

Condos in Vancouver's Coal Harbour. JENNIFER GAUTHIER/METRO

> **We estimate there's about 7,500 units in San Francisco that are off the market because they are pied-a-terres.** Kate Hartley

POLICY

Lessons from New York

Stagnant incomes. Rising rents. Pressure on long-time tenants to move out. Sound familiar?

Vancouver city housing staff are hoping to learn from New York's experience of putting in place an ambitious plan to increase the supply of affordable housing, not just for low-income people but for a full range of low-to-middle incomes.

New York has increased developer incentives, relaxed some rules, such as how much parking a building must include, and increased enforcement of regulations that protect renters, said Vicki Been, commissioner of New York City's department of housing, at Vancouver's Re:Address housing conference on Thursday.

The city has also introduced a policy mandatory of inclusionary zoning, mandating that new development must always include 25 to 30 per cent of permanently affordable housing.

That affordable housing isn't necessarily tied to the lowest income rate, Been said. It can be targeted to a range of incomes, from a security guard who makes $32,000 a year and can pay $816 a month for rent, to a home health aide making $62,250 who can afford $1,630, all the way up to a firefighter making $106,080 who can pay $2,652.

The City of Vancouver already uses a similar concept to encourage developers to include a certain percentage of market rental and, for some projects, seniors' or other types of social housing.

"A long-standing policy in Vancouver is for around 20 per cent of the new housing to be something that is affordable," said Abby Bond, director of housing policy for the City of Vancouver. JEN ST. DENIS/METRO

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VANCOUVERING

Brewing good things, organically

FOOD NOTES

Abby Wiseman
For Metro | Vancouver

The Vancouver brewery scene has dominated the neighbourhoods of East Vancouver (or yeast Vancouver) where patrons hop on their bikes and hit up several tasting rooms within a few kilometres.

Dogwood Brewing is located away from the East Van bike routes in South Vancouver, off Marine Drive (8284 Sherbrooke St). The distance is worth the trip to sample Vancouver's first organic brewery helmed by one of the city's few female brewmasters, Claire Connolly.

It's nearly Halloween, so naturally the tasting room is decked out with spooky decorations, but the tasting rooms' long tables and church pews match the added decor.

Dogwood's tasting pallets let you sample all their beers. LAURA STOTTEN/METRO

I opted for the tasting pallet for $6 and chose to add the two seasonals for $3. For $9 I was able to sample six organic beers, which is pretty decent value.

Dogwood has four core beers: honey lager, a Fest ale based on a 300-year-old German Marzën recipe, an IPA (India Pale Ale) and a stout. The seasonals rotate and I sampled an ESB (Extra Special Bitter) and a Belgian strong ale called Devil in a Peach Dress.

The honey lager was subtle and crisp with just a hint of sweet. The German Marzën's malts didn't linger and had a crisp finish, while the IPA's hops were more balanced than in your face. The stout was more sessionable than expected, which didn't cloud the coffee flavour coming through.

I'm a little Belgian beer biased, so the Devil in a Peach Dress really appealed to me. That coriander flavour I love in Belgians was well showcased and the peach was subtle, not sweet.

Dogwood Brewing's tasting room has six beers to sample from. LAURA STOTTEN/METRO

I love that the wet-hopped ESB used hops from UBC Farm, which really highlights what Dogwood Brewery is all about: conscious brewing. The ESB was malty and bitter, but didn't quite have the herb finish synonymous with wet hopping.

I'm looking forward to coming back to Dogwood Brewing to try some of their more winter- and tea-inspired seasonal beers, like the Dogwood London Fog and coconut chai.

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Publication offers uncensored voice

INDIGENOUS STORIES

Red Rising magazine expands westward

Cara McKenna
For Metro

Charlie Crow, left, and Lenard Monkman hold up issue No. 4 of Red Rising magazine during a launch event at the Vancouver Aboriginal Friendship Centre Society on Oct. 22. CARA MCKENNA/FOR METRO

It was only about a year ago that a group of young indigenous activists from Winnipeg decided to launch Red Rising Magazine.

Since then, the volunteer-run publication has become a growing platform for Aboriginal people, Canada's fastest growing demographic, to have an uncensored voice away from the mainstream media.

Now its founders are bringing their message west.

The first three issues of Red Rising Magazine were released via events in Winnipeg, but this time, the group raised enough money to hold issue No.4's launch in Vancouver.

On Oct. 22, about 100 people gathered at the Vancouver Aboriginal Friendship Centre Society to celebrate the new issue of Red Rising with coffee, bannock and presentations from local indigenous creators.

Red Rising co-founder Lenard Monkman said he sees too many negative news stories about Indigenous people, and his team's goal is to give Canadians, particularly youth, a more realistic and positive perspective.

"What we're trying to do is shift the narrative of what our community actually looks like," said Monkman.

"Yes there's ... (negative) stuff that the media has taught you about indigenous people, but there's also so much more we have to offer."

Red Rising is released quarterly and provides a forum for indigenous artwork, poetry and essays that are regularly submitted to the magazine.

At the launch of issue No. 4, which has content around the theme "storytelling as resistance," several indigenous people from B.C. spoke, performed, or made presentations.

Valeen Jules, who is of Kwakwaka'wakw and Nuu-chah-nulth descent, read out poetry about her discontent towards colonialism, her love of children and babies, and time she spent living on the streets as a teen.

"Healing is definitely one of the biggest reasons why I use poetry, as a young indigenous woman," she pointed out.

Monkman said the Red Rising team recognizes the power of showcasing the voices of indigenous youth, which is why they are making an effort to do presentations in schools in order to encourage and recruit writers and artists.

Khelsilem, who lives in Vancouver and is from Squamish Nation, spoke about a need for indigenous-controlled media in his city and beyond.

"We will always be at the mercy of other people's expectations of our people, when they're the ones controlling (our) stories," he said.

"When we take control of our ability to tell our stories, when we want it, why we want it, how we want it, then we determine what the possibilities are for our people."

Red Rising is currently accepting submissions for its fifth issue around the theme of love, in any of its forms, before Dec. 10.

They are hoping to raise enough money to launch that issue in Toronto.

VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Cuddling is the bark of the town

Puppy therapy has become a popular way to reduce stress

VANCOUVER TRENDING

Amy Logan
For Metro | Vancouver

On these dark, rain-soaked days, as deadlines and exams pile up, the life of a student may seem almost unbearable. With little time for self-care, Vancouver college and university students are often overwhelmed and under-slept. That's where the puppies come in.

Puppy therapy, long a staple in hospices and hospitals, is becoming an increasingly popular way to help students cope with stress. Line-ups for on-campus puppy rooms often go out the door. Petting and snuggling with a friendly canine is often the quickest fix for stress, loneliness and anxiety.

Numerous studies have shown that dogs have a strong impact on mental and physical health.

As Tara Doherty, communication manager for PADS (Pacific Assistance Dogs Society), noted, "Dogs have an extremely tangible effect on stress levels, including lowering cortisol and increasing serotonin."

PADS, which raises, trains and supports certified assistance dogs, connecting them to those living with disabilities as well as community health workers, is just one of the local organizations offering puppy therapy.

Their biggest need, according to Doherty, is to find puppy raisers who are willing to "attend events, and take the dogs out into the community, no experience necessary."

After the success of PADS's initial puppy therapy sessions at SFU, they have since offered their program to BCIT, Douglas College, Columbia College, and numerous smaller colleges.

The program has "taken on a life of its own," said Doherty, offering exposure, and "great socialization for the dogs."

With her own daughter at university now, Doherty recognizes how stressful it is to be a student. What's important, she said, is to "support young people during a challenging part of their lives." She remembers choking up after overhearing a puppy therapy participant saying that it was the best day of her whole year.

> **Dogs have an extremely tangible effect on stress levels, including lowering cortisol and increasing serotonin.**
> Tara Doherty

UBC has hosted several puppy therapy sessions. This fall, partnering with Vancouver ecoVillage which has an intensive therapy-dog training program, the department of psychology and the UBC Alma Mater Society will offer students a chance to experience the healing powers of dogs.

At UBC's Okanagan campus, B.A.R.K. (Building Academic Retention Through K-9's) now in its fifth year, "serves to reduce stress and homesickness by providing students access to therapy dogs," said director Dr. John Tyler Binfet.

B.A.R.K offers drop-in program with 15-17 dogs a session, a weekly BARK2GO program with dogs stationed around campus, and a Wag and Walk program encouraging students to take a therapy dog for a walk around campus.

B.A.R.K. not only serves as a community service but also as a "research hub."

In addition to Binfet's studies on the effect of canine therapy on student well being, undergraduate and graduate students conduct lab research.

One student recently completed a study examining bonding between dogs and children with autism spectrum disorder.

B.A.R.K. research has also found "significant reductions in students' self-reports of homesickness and stress stemming from spending time with therapy dogs," said Binfet.

Studies have shown that dogs have a strong impact on mental and physical health, including lowering the body's stress hormones and boosting feel-good serotonin levels. COURTESY PADS

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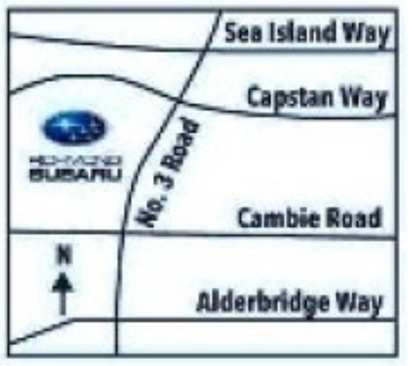

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TRANSIT

B.C. NDP pledges to fund 40% of projects

Municipalities would only need to pay for 10 per cent of transit projects in Metro Vancouver under the New Democratic Party's election platform.

British Columbia NDP leader John Horgan announced Thursday that, if elected, the party would increase the provincial share of capital funding for transit projects up to 40 per cent, from 33 per cent.

Coupled with federal commitments to pay for 50 per cent of the costs, the plan would leave the region with a more manageable 10 per cent of the costs for wanted projects like the light rapid transit lines in Surrey and the Broadway subway in Vancouver.

The latest version of the region's 10-year transit plan intends to use a combination of transit fare increases, property tax increases and a regional development fee to pay for Metro Vancouver's share of the costs.

That scheme still requires approval from mayors. METRO VANCOUVER

BY THE NUMBERS COSTS FOR VANCOUVER TRANSIT PROJECTS

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B.C. Education Minister Mike Bernier speaks to reporters at Tennyson Elementary School Oct. 27. WANYEE LI/METRO

Defending his decision

FUNDING

Education Minister asked to apologize to fired trustees

Wanyee Li
Metro | Vancouver

B.C. Education Minister Mike Bernier announced $24.5 million in funding for a seismic replacement school for Tennyson Elementary Thursday morning but that did not take the spotlight away from the province's rocky relationship with the former Vancouver school board trustees, who were fired less than two weeks ago.

The four Vision Vancouver school board trustees are calling for an apology and retraction from the Education Minister over his comments about the board creating a toxic workplace environment.

Bernier wouldn't respond directly to the former board trustees' call for an apology but said he has no regrets about firing the board.

"I just received that letter, its being reviewed and I'll respond in due course appropriately," he said.

"I stand behind my decision to remove the board."

That decision is already yielding results, Bernier suggested, adding that the Tennyson project announcement was only scheduled after the newly appointed official trustee Dianne Turner stepped into her role.

"I want to thank (trustee) Turner for her leadership right off the get go where she said seismic upgrades were paramount and we need to be working on this collectively with the province," he said.

Construction on the new school in Vancouver's Kitsilano neighbourhood is slated to begin 2018 and finish in 2020.

Bernier also noted he plans to release more information on the WorkSafe BC investigation into allegations of bullying at the Vancouver School Board "in the next day or two."

"I have received, as of yesterday, a letter from the Office of the Information and Privacy Commissioner saying there are a couple of things I need to consider."

Bernier fired all nine trustees on Oct. 17, citing the board's refusal to pass a balanced budget by the province's deadline of June 30.

IN BRIEF

One border jumper caught

Mounties have arrested a 49-year-old man from Langley, who allegedly jumped the border between the United States and Canada.

Police say two men on separate motorcycles attempted to cross through a ditch near the Aldergrove border crossing on Thursday afternoon.

One of the men was arrested near the border, but the second was able to get away and took off north. THE CANADIAN PRESS

A take-home naloxone kit, which are now available at the University of British Columbia hospital's emergency department. CONTRIBUTED/VANCOUVER COASTAL HEALTH

Naloxone kits now at campus, hospital

DRUGS

Coastal Health also plans to open more safe injection sites

Matt Kieltyka
Metro | Vancouver

Overdose-reversing naloxone kits are now available for students at the University of British Columbia.

Vancouver Coastal Health has been rolling out its take-home naloxone program as the province is in the midst of a fentanyl-fueled public health emergency that's killed 555 people in B.C. as of the end of September.

The university hospital's emergency department and Student Health Services are the latest VCH facilities where naloxone is now being given out.

The UBC hospital has responded to eight illicit drug overdoses so far this year.

"It's important for anyone that uses illicit drugs to recognize an overdose and to respond to one if they need to," VCH medical health officer Dr. Reka Gustafson told Metro.

"(Naloxone kits) are by no means the only solution to our overdose crisis but it is our most immediate and currently available solution. There is a good reason that we're making it a priority."

To date, the health authority has distributed more than 2,600 naloxone kits.

The life-saving drug, which is injected into a person to reverse the effects of an opioid overdose, are available most emergency departments and 62 other sites across the VCH region.

> **It's important for anyone that uses illicit drugs to recognize an overdose.**
> Reka Gustafson

Gustafson says the health authority has focused on emergency departments because 75 per cent of the people who suffer a severe overdose have either recently been to an ER or end up there.

"We do now have data that supports the notion that providing the service in the emergency department would be reaching people at high risk of an overdose," she said.

Vancouver Coastal Health also plans to open as many as five new supervised injection sites in response to the crisis.

The region's response to the public health emergency appears to be paying off somewhat, at least in Vancouver, where the number of deaths this year has stabilized while they continue to grow in other cities and parts of B.C.

"We would really like to know which of the interventions is making a difference," said Gustafson.

"What we can say for certain is that our deaths within Vancouver Coastal Health have stabilized. But we want to make sure we continue to respond to this very strongly. Even stabilizing it at 110 (deaths) to date continues to be a very, very major problem for us."

POLICE

Searchers scour Stanley Park seeking any sign of mother

The search for a young Metro Vancouver mother is expected to ramp up in Vancouver's Stanley Park.

Thirty-two-year-old Florence Leung has been missing since Tuesday when she was last seen driving away from her New Westminster home.

The search focused on Stanley Park after her white 2016 Audi Q5 was found there late Wednesday afternoon

A release issued by New Westminster Police said Leung's family is very concerned because the mother of a two-month-old boy may be suffering from postpartum depression.

Members of North Shore Rescue joined the Stanley Park search Wednesday night.

A post on the organization's Facebook page says the area around Prospect Point, the Lions Gate Bridge and seawall have been checked and a more thorough search of the bush and park trails continues.

THE CANADIAN PRESS

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Fraser Health issues Halloween warning

PUBLIC HEALTH

Agency advises caution with drugs, booze this weekend

The Fraser Health authority is issuing a reminder to occasional drug users as weekend Halloween parties approach, urging them to reduce the risk of an accidental overdose.

The health authority has released a public service announcement telling everyone to be safe when choosing to consume alcohol or drugs.

Drinkers are asked to make a plan to get home safely, set consumption limits and stick to them and to have one soft beverage for every alcoholic drink consumed.

Those expecting to use drugs are cautioned not to mix drugs, to use less if they are not familiar with the substance, to have a naloxone kit handy and to bring a sober buddy who can help if needed.

Fraser Health is also targeting occasional illicit drug users with a social media campaign offering details of how to reduce risks when consuming, how to recognize signs of overdose and where to find naloxone kits that can reverse opioid overdoses.

> **If you're using drugs, do testers and go slow.**
> Dr. Ingrid Tyler, Fraser Health

The latest report from the BC Coroners Service shows the province recorded 555 deaths from illicit drugs between January and the end of last month, a nearly 61 per cent increase over the 345 deaths recorded during the same period last year.

Fraser Health medical health officer Dr. Ingrid Tyler wants users to take responsibility, but says everyone can play a significant role in reducing the death toll.

"This Halloween season, Fraser Health is reminding people to take precautions if they choose to consume substances of any kind and to be aware of friends or family who may require support."

In a video message, Tyler warns users not to mix drugs and alcohol, and if the two are mixed, to take the drugs first.

"If you are using drugs, know your tolerance. Use less drugs than before if you are taking certain prescription medications, or if you are using after a period of time of non-use."

She reminds users that the street quality of substances is unpredictable. "If you're using drugs, do testers and go slow."

Tyler says people also need to know the signs of overdose: slow or no breaths, unresponsiveness and blue lips.

THE CANADIAN PRESS

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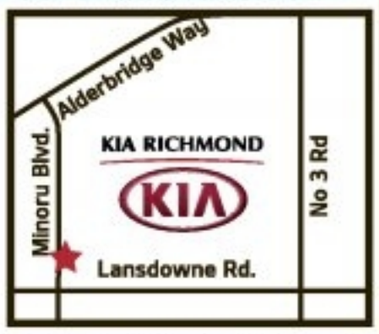

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CRIME 'TRAGIC BEYOND BELIEF' Terry Miller, centre, holds pictures of her children Catie Miller and Christopher Miller as her husband Dr. John Miller, left, speaks to the media outside the Halifax courtroom where his daughter's murderers were sentenced to life in prison. Catie Miller, 29, was confined in the trunk of a car for hours before her brutal murder and dismemberment in a crime described by Justice Patrick Duncan as "cold and heinous." "This is tragic beyond belief," Miller said.
JEFF HARPER/METRO

Sponsored refugees fare better: Review

IMMIGRATION

65 per cent of government-assisted refugees use food banks

Refugees sponsored by community groups do better than government-assisted ones with fewer relying on food banks and social assistance, an evaluation of Canada's much heralded resettlement program shows.

Some 65 per cent of government-assisted refugees reported using food banks, compared to only 29 per cent of their privately sponsored counterparts, according to the Immigration, Refugees and Citizenship Canada report released this week.

Five years after their arrival, 41 per cent of government-assisted refugees relied on social assistance, compared to just 28 per cent among those sponsored by private groups. While six out of 10 of the former were employed within five years, the rate went up to 7 out of 10 for their privately sponsored peers.

The relative success of privately sponsored refugees is bolstered, in part, by the stability and guidance offered by relatives or sponsorship groups, advocates say.

Janet Dench, executive director of the Canadian Council for Refugees, said she was not surprised with the findings.

> **There is a lot of energy, opportunity and availability.**
> Janet Dench

"Privately-sponsored refugees usually have family members in Canada for support and they are not selected for their vulnerability like the GARs (government-assisted refugees) are," she explained.

The internal review examined all aspects of the refugee resettlement programs — government-assisted, private sponsorship, the blended-visa program, which is a blend of the two, and the resettlement assistance program — between 2010 and 2015, before Ottawa opened its doors to 31,000 Syrian refugees in December.

During the period, a total of 49,516 refugees were resettled in Canada, 53 per cent of them under the government-assisted program, 46 per cent sponsored by private community groups and just one per cent under the blended-visa program.

Thirty-nine per cent of government-assisted refugees were children, compared to 30 per cent among their privately-sponsored counterparts.

"There are a lot of groups that want to do private sponsorships as a result of the Syrian resettlement efforts. There is a lot of energy, opportunity and availability. If the government does not make it more responsive to these groups, we are going to lose them," said Dench.

TORSTAR NEWS SERVICE

RESIDENTIAL SCHOOLS

Supreme Court to decide if stories can be shredded

The future of the often heart-rending stories told by survivors of Canada's residential schools will be decided by the country's top court.

The Supreme Court of Canada said Thursday it would hear the federal government's appeal of a decision that the highly personal accounts should be destroyed after 15 years — unless the individuals decide otherwise. The court also ruled Inuit representatives can take part in the case.

The federal government sought leave to appeal to the Supreme Court, arguing it controls the documents and that they are subject to legislation related to privacy, access to information, and archiving.

> Claimants in the process must control the stories of their experiences. Chief Adjudicator Dan Shapiro

The documents at issue relate to compensation claims made by as many as 30,000 survivors of Indian residential schools — many disturbing accounts of sexual, physical and psychological abuse.

The compensation scheme — handled under an independent assessment process known as the IAP — flowed from the 2006 settlement of a class-action suit related to the notorious residential schools.

The government, along with the Truth and Reconciliation Commission, argued the survivor accounts are a critical part of Canadian history that should be preserved. However, the independent claims adjudicator maintained that claimants were promised confidentiality, and only they have the right to waive their privacy.

"Claimants in the independent assessment process must control the stories of their experiences at residential school," Chief Adjudicator Dan Shapiro said in a statement Thursday.

THE CANADIAN PRESS

POLITICS

Trudeau chooses new bi-partisan senators

Prime Minister Justin Trudeau has named nine new, non-partisan senators, bringing him within reach of his goal to transform the discredited Senate into a more reputable, independent chamber of sober second thought.

The five women and four men hail from a wide variety of backgrounds, from an art historian to a renowned human rights lawyer to a conservationist. All will sit as independents in the Senate.

They are the first senators to be chosen under an arm's-length process that saw more than 2,700 people apply to fill the 21 vacancies in the 105-seat upper house.

Trudeau is poised to announce two more batches of appointments within days, filling the remaining 12 empty seats — six from Quebec, six from Ontario — and, for the first time, putting senators with no partisan affiliation in the driver's seat.

THE CANADIAN PRESS

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Welcome to America the Cliché

Rosemary Westwood relocates from Canada to the United States in the midst of the most unusual presidential election ever. She chronicles her observations in a weekly column for Metro.

ROSEMARY WESTWOOD
From the U.S.

It couldn't have been a more clichéd start to a new life in the U.S.A.

At the Detroit border between the U.S. and Canada, waiting in a small grey room for my immigration paperwork to be processed while border officers rummaged through the U-Haul truck, there were the usual markers that you're in America now, baby: A large, framed photo of the president, a series of beefy, mostly white male guards in buzzcuts, an array of bald-eagle images, and a mostly non-white group of travellers chosen for extra scrutiny.

But also this: An alleged instance of racial profiling. A tense encounter between a black man, who was saying he'd been stopped for more questioning at the border 10 times in a row, and officers, who said the man was "resisting."

"That's what's wrong," one guard said, shaking his head. "It's happening all over the country. It's not disrespectful to obey the commands of an officer."

I heard voices and scuffles, and when the black man came out into the waiting area, his white hightops were undone. "They broke my watch," he told his girlfriend, slumping into a chair beside her.

Another white guard tried to smooth things over: "I just want to make sure you understand what this is about."

"Oh, I know what this is about," the black man said.

But I never saw how it ended. A guard processed my visa paperwork, and I was officially living in America, making my debut in the lattice-work criss-cross of southeastern Michigan's four-lane freeways.

Then came the second cliché. In the middle of the night, in a Dearborn, Mich. hotel, I heard gunshots. Pop-pop. Pop-pop-pop-pop. I shook my fiancé awake, terrified. There was

Robert Burck, known as the 'Naked Cowboy,' antagonizes protesters as they rally against Donald Trump during a 'Nasty Women Protest' outside of Trump Tower on Fifth Avenue in New York City. GETTY IMAGES

screaming, too many voices to count, and as they grew louder and closer I pushed both of us off the bed, dragging the blankets, to hide behind a wall. We waited. The sounds dimmed. There were no sirens.

The next morning, joking that I had "saved us," and skeptical that I'd heard what I thought I'd heard, I asked the front desk guy. He frowned. "Yeah," he said. "Sorry."

"We haven't had a shooting for four years," he assured us. The night security guard had left the left the premises earlier in the evening, he said, because — what else — his sister had been shot. The shooting we'd heard occurred later, outside the hotel lobby. "They called the cops, but they never came." About that last fact, he was apologetic but unsurprised.

And that began our three-day road trip through seven U.S. states, two of them battlegrounds between Hillary Clinton and Donald Trump — Michigan, where polls show Clinton in the lead, and Ohio, closer to tied — and five of them redder than Trump in a rage: Kentucky, Tennessee, Alabama, Mississippi, and Louisiana.

At the Nashville BBQ joint where we ate our weight in smoked meat, the admonishments posted on the wall included "No swearing" and "God bless the South."

Driving through Alabama, one radio announcer boasted: "Tune in every morning for the latest news in the culture wars."

When we got to New Orleans, one neighbour had been keeping a lookout for the truck, and hurried over to help us unload. "All right, now?" he asked and smiled. "You made it."

+ FIRST LADIES

"Yes, Hillary Clinton is my friend": Michelle Obama

As first ladies they could hardly have been more different. But as Democrats looking to fire up women, Michelle Obama and Hillary Clinton were firmly bonded on Thursday.

In their first joint appearance on the campaign trail, Mrs. Obama and Secretary Clinton talked up their shared respect, common values and goals: Defeating Republican Donald Trump.

Since she's emerged as Clinton's headline-grabbing surrogate, people wonder one thing, Obama noted. "Yes, Hillary Clinton is my friend," she answered.

Obama said she "would not be here" if she didn't believe Clinton would be a president she could trust. THE ASSOCIATED PRESS

This frame grab from video provided by the Syrian Revolution Network shows children pulled by an adult after airstrikes killed over 20 people northern rebel-held village of Hass, Syria, on Wednesday. SYRIAN REVOLUTION NETWORK VIA THE ASSOCIATED PRESS

SYRIA

School attack may be a war crime: UN

UN Secretary-General Ban Ki-moon called on Thursday for an immediate investigation of an attack on a school in Syria's Idlib province that the UN's children's agency is calling one of the deadliest of its kind in the country's six-year war.

UNICEF raised its toll for Wednesday's attack to 28 dead, among them 22 children and six teachers.

Ban said in a statement that the attack, carried out against rebel-held territory, may amount to a war crime if found to be deliberate.

"If such horrific acts persist despite global outrage, it is largely because their authors, whether in corridors of power or in insurgent redoubts, do not fear justice," he said.

Witnesses said overhead jets targeted the school in the town of Hass as many as 10 times, around midday Wednesday. Opposition activists blamed the strikes on Russian and government planes.

Idlib is the main Syrian opposition stronghold, though radical militant groups also have a large presence there. It has regularly been hit by Syrian and Russian warplanes as well as the U.S.-led coalition targeting Daesh militants.

The Russian military denied responsibility, calling the accusations a "sham."

Russian Defence Ministry spokesman Maj. Gen. Igor Konashenkov said a Russian drone flew over the school building on Thursday and found its roof intact and no bomb craters around it. THE ASSOCIATED PRESS

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IN BRIEF

Bomb factory found in Iraq

Iraqi forces explored a network of tunnels and uncovered a bomb-making facility on Thursday in a village near Mosul that was recently retaken from Daesh, offering a glimpse of the challenge they will face as they move closer to the city.

During cleanup operations in the area of Tob Zawa, special forces Brig. Gen. Haider Fadhil's men found a tire shop that had been converted into a factory for making roadside bombs and attaching armour to vehicles. They also found a tunnel equipped with fans and lights that ran from beneath a mosque out to a road. THE ASSOCIATED PRESS

Teen fearful after noose incident

A black 15-year-old in Mississippi shook in fear as he described how white schoolmates put a noose around his neck and pulled it tight, leaving no physical scars but perhaps a life-changing emotional wound, his mother said Thursday.

Stacey Payton, a 47-year-old college instructor, said her son met her in her office and told her about the Oct. 13 incident a few hours after it happened in a high school locker room.

"His first words were, 'Mom ... please stay calm. Don't panic. I don't want you to call the school because it's already been handled,"' Payton told The Associated Press. "When I was looking at him, he was shaking and the expression on his face — he was horrified. He was very fearful."

> "His first words were, 'Mom ... please stay calm. Don't panic.'"
> Stacey Payton

She expected him to say he had received a bad grade or had gotten in trouble for talking in class.

"And he said, 'Mom, they put a noose around my neck and they pulled it tight and it choked me.' And I just instantly — it was like a chill went over my body."

The Stone County Sheriff's Department is investigating. Mississippi NAACP President Derrick Johnson is calling for federal authorities to investigate a possible hate crime. The FBI said it is aware of the incident but wouldn't confirm or deny an investigation.

The teen is quieter than usual but is still attending classes and playing football at Stone High School in Wiggins, a logging community in the piney woods about 40 miles inland from the Gulf of Mexico.

Payton described her son as peaceful and said he was friends with the boys involved. Up to four white students took part, the family said.

The school district's attorney, Sean Courtney, wrote in an email to AP that only one student was accused of misconduct. Courtney said that student has been suspended from school "pending the conclusion of the disciplinary process." THE ASSOCIATED PRESS

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A woman protests against international trade agreements TTIP and CETA in front of EU headquarters in Brussels Thursday. **The Belgian government reached a deal to back a free trade deal between the European Union and Canada on the day the it was supposed to be officially signed with Canadian Prime Minister Justin Trudeau.** GEERT VANDEN WIJNGAERT/THE ASSOCIATED PRESS

Belgium agrees to trade pact

ECONOMY

More work lies ahead before Canada-EU deal approved

Belgium has agreed to sign on to the Canada-European Union trade deal after resolving internal differences over the pact that produced a week of high drama and delayed Thursday's planned signing ceremony.

After days of tension and last-minute negotiations, Belgian Prime Minister Charles Michel confirmed Thursday morning that the impasse had been broken.

"Belgian agreement on #CETA. All parliaments are now able to approve by tomorrow at midnight. Important step for EU and Canada," he said on Twitter. Michel said the negotiations produced guarantees for farmers and on a corporate dispute settlement system that will allow Belgium to back the deal, known as the Comprehensive Economic and Trade Agreement, or CETA.

With the fate of the pact in limbo late Wednesday, Prime Minister Justin Trudeau and International Trade Minister Chrystia Freeland had already scrapped plans to fly to Brussels for Thursday's scheduled signing ceremony.

Now the latest changes must be ratified by 27 other nations in the European Union and Freeland's office cautioned that more work lies ahead.

"This is a positive development, but there is still work to do. There remain additional steps before signing," Alex Lawrence, press secretary to Freeland, said in a statement.

"Canada has done its job. We negotiated a progressive agreement that will create jobs and growth for the middle class. Canada remains ready to sign this important agreement when Europe is ready," he said.

Donald Tusk, president of the European Council, also praised the news but said he would only reach out to Trudeau once the pact was ready to sign.

TORSTAR NEWS SERVICE

DIGITAL SHOPPING

Amazon cooking up online Turkey orders

Amazon wants Americans to order their turkey, stuffing and cranberry sauce online for U.S. Thanksgiving — its latest effort to make its Prime subscription service a central part of food shopping, much the way it's done for other consumer goods.

Right before the cooking-heavy months of November and December, Amazon rolled out a monthly payment option for its grocery delivery service, AmazonFresh. On Monday it expanded to several new cities including Chicago and Dallas.

Amazon — which has been working on expanding grocery delivery since 2007 — is taking aim at the $650 billion grocery industry. It's a highly competitive arena filled with rivals like Wal-Mart and Instacart trying to lure customers away from traditional grocery stores.

Some reports suggest that Amazon plans to open grocery stores of its own, but the company has declined to comment.

"Grocery is a massive market opportunity for them," said R.W. Baird analyst Colin Sebastian. It's a notoriously tough business with low margins, since it's expensive to store and transport produce. But Amazon has spent years ironing out the kinks with its delivery service, he said.

Amazon's near-decade of experimentation "gives them the scale and expertise that comes with time, allowing them not only to fine tune the service, but also perhaps accelerate the rollout into other areas," Sebastian said.

Amazon started its grocery delivery business around its home town of Seattle, and has since expanded to about 18 cities and regions, including London and New York. It has changed its pricing structure, too, having started with an annual $299 fee that included Prime membership. Its monthly pricing program — $15 a month for members of its $99-a-year Prime loyalty program — started earlier this month. THE ASSOCIATED PRESS

IN BRIEF

Bank cuts 600 jobs

National Bank of Canada announced Thursday it is eliminating 600 jobs over the next year and offering early retirements or other positions to another 300 workers as it tries to adapt to a technological shift in the industry. About 70 per cent of the job losses will be centred in the bank's base in Quebec, with the rest scattered across the country. THE CANADIAN PRESS

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metro SCIENCE

Your essential daily news

Thanks to a prosthetic arm and brain-implanted sensors (really), a man who has been paralyzed for a decade regained feeling in his 'fingers'

DECODED by Genna Buck and Andrés Plana

SEEING SOMETHING TOTALLY NEW

Aside from dusty old surgical samples, until this year no scientist had ever seen the early human development that takes place between approximately seven and 14 days after fertilization. The embryo is burrowed into the mother's body, hidden from view. **Now technology is letting us peer into the process, in real time, for the first time.**

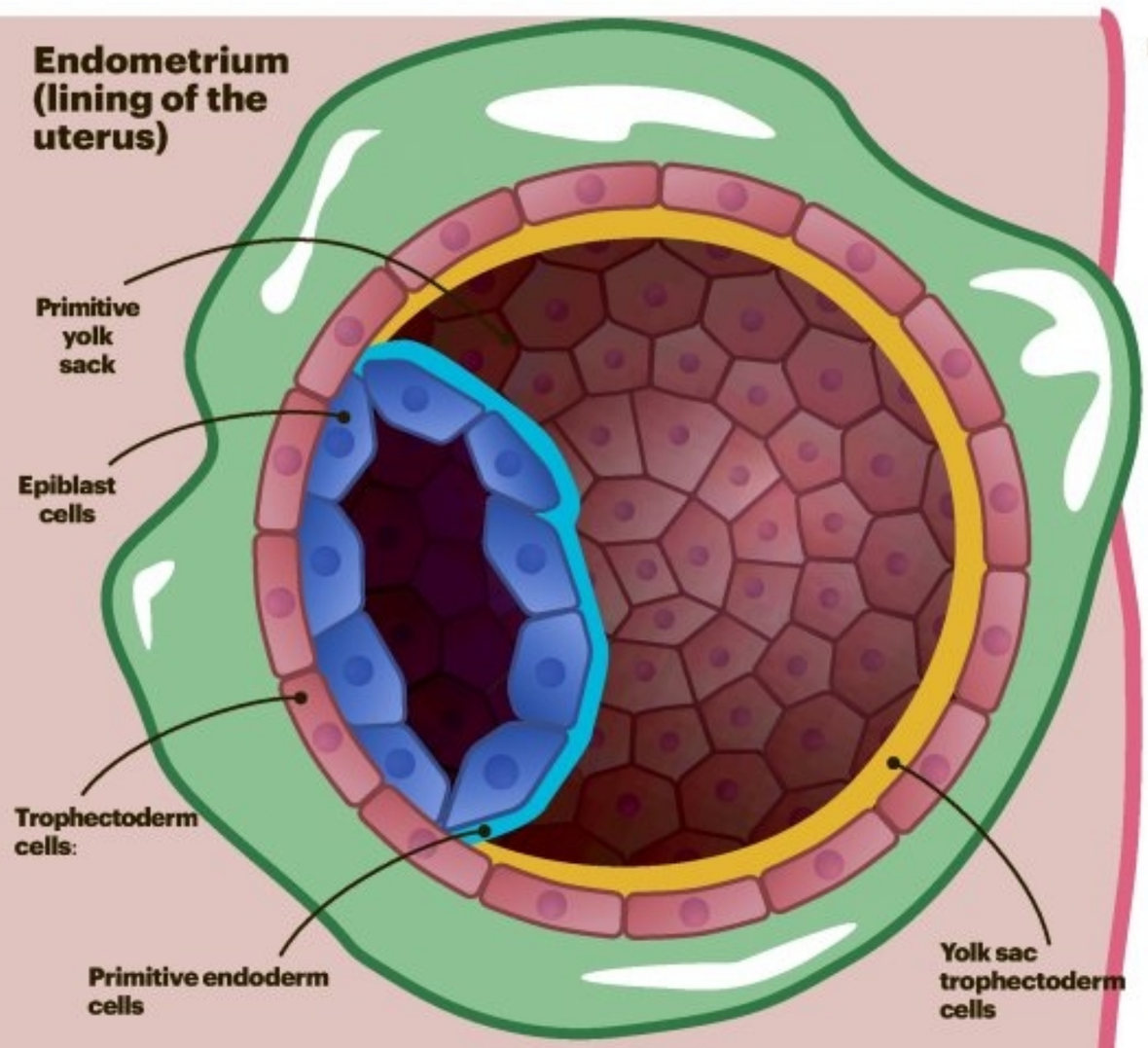
WHAT WE LEARNED

Using stem cells donated by fertility clinics, two groups of scientists, one in the U.K. and one in the U.S., have grown human embryos for up to 12-13 days in the lab. (Usually, the embryo latches on to the mother around day seven). **Here's what surprised them most**, according to scientist Gist Croft, a member of the U.S. team.

1. Failure is **really** built into the process: about 80 per cent of embryos are not viable.

2. Early embryos are amazingly **self-organizing**. It was previously thought they required input (like hormone signals) from the mother to grow and arrange into a complex shape. But they do this all on their own.

3. Researchers discovered what they think is a **brand new cell type**, which they dubbed **yolk sac trophectoderm cells**. Even more crazy: Though scientists don't yet know exactly what they do, these cells seem to express genes from all three of the other main embryo cell types, meaning they could have an important role in future stem-cell science.



Epiblast cells: Become the body
Primitive endoderm cells: Become the amniotic membranes
Trophectoderm cells: Become the placenta

Primitive yolk sac: A structure that nourishes the developing fetus
Yolk sac trophectoderm cells: A newly discovered cell type that lines the yolk sac

Blastocyst: What the less than one-millimetre embryo is called at this phase. After nine weeks, doctors start calling it a **fetus**

CITIZEN SCIENTIST by Genna Buck

How far can we forecast weather?

I've heard it's going to be a really cold winter. How do we know that? - Luke, Halifax

I put your question to Greg West, a climate researcher at UBC.

Using satellite data, information about climate oscillations like El Nino and La Nina and arctic sea-ice extent, Environment Canada and the U.S. climate prediction centre can forecast whether the next three months will be above, below, or at normal temperatures with 50 to 70 per cent accuracy, West said. For precipitation, it's zero to 40 per cent. It's a La Nina year here, so we can (probably) expect a cold, snowy winter counteracted in part by the long-term warming trend, West said.

"For day-to-day temperature forecasts, we're more skillful than a random guess out to about ten days," he said. "For precipitation, it's more like seven."

So, anyone who says they can make a specific forecast farther out than that either has information top meteorologists don't, or is full of it.

Predicting the future of chaotic systems is inherently a really hard thing to do, and climate change is making it even more complicated. Long-range forecasts are described relative to historical averages. But when the past 30 years have been nothing but superstorms, polar vortexes and sinking sea ice, averages don't tell you much.

Can we talk about those "farmer's almanac" type of publications for a minute? Some of them claim to have a "scientific" "secret formula" that can predict the year's weather with 80 per cent accuracy.

Generally, scientists don't keep secrets. They publish their data and methods in detail. Whenever some company or person claims to have a tool that is both scientific and proprietary, it's good to stop and ask yourself whether their secrecy is protecting a legitimate commercial interest, or if it's just a cover for BS and bias.

Science Question? Tweet @genna_buck

FINDINGS Your week in science NASA

MOONS OVER URANUS
Researchers re-analyzing 1986 data found odd, periodic disturbances in Uranus's rings that suggest the icy planet has two very small moons orbiting near its surface.

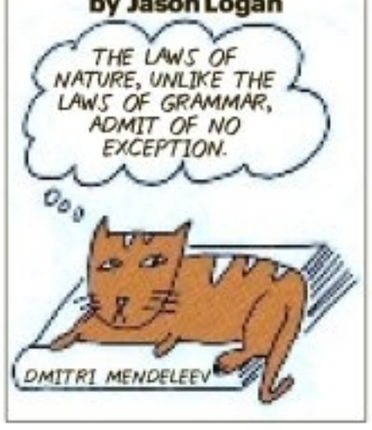
ZERO CREDIBILITY
Canadian Gaétan Dugas, the "Patient Zero" blamed for spreading HIV in North America, was no more responsible than hundreds of others who came down with AIDS in the early 1980s, a new study shows. But the myth persisted, in part, possibly, because in an early study, people misread the letter O (for "out-of-state"), as a zero.

SOUND SMART

DEFINITION
Gastrulation is a developmental process in complex animals (like us!) that happens when the embryo (at this point a hollow blob of cells) folds in on itself and reorganizes into three layers. These **germ layers** each give rise to a specific group of organs.

USE IT IN A SENTENCE
Biologist Lewis Wolpert once quipped, "It is not birth, marriage, or death, but **gastrulation**, which is truly the most important time in your life."

PHILOSOPHER CAT by Jason Logan



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metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

The fraught relationship of faith and film

Inferno, starring Tom Hanks, sidesteps the religious controversy with a tale of a deadly virus that threatens all of humanity, but the other Dan Brown films have made film and religion an uncomfortable pairing. CONTRIBUTED

INFERNO

Da Vinci Code franchise just latest member of controversy club

Richard Crouse
For Metro Canada

This weekend professor of religious iconology and symbology Robert Langdon (Tom Hanks) returns to theatres in Inferno, the third movie in the Da Vinci Code franchise.

In 2006, the fictional Harvard prof made his big screen debut, uncovering the complicated personal life of Jesus Christ in The Da Vinci Code. Three years later he used his knowledge of symbology to unravel the mystery of a secret brotherhood called the Illuminati and thwart a terrorist act against the Vatican.

In between those two movies I received dozens of outraged emails, long tracts regarding Dan Brown's books, the upcoming movie, The Illuminati and the veracity of the stories.

In response to the folks who contacted me, concerned the film, which had not been released yet, would be a dangerous piece of anti-Catholic propaganda, I wrote a forward to my Angels and Demons review, pointing letter writers toward the Vatican newspaper L'Osservatore Romano. They described Angels and Demons as "harmless entertainment which hardly affects the genius and mystery of Christianity."

Their review noted it is filled with historical inaccuracies but went on to suggest that one could make a game of pointing out all of the film's historical mistakes.

In other words, don't take it seriously and you'll have a good time. Despite the Vatican newspaper's warm embrace, the film still ignited a firestorm of criticism from people upset about the story's alleged anti-Catholic sentiments.

Inferno sidesteps religious controversy with a tale of a deadly virus that threatens all of humanity, but cinema and religion have often made for uncomfortable pairings.

MOVIE RATINGS by Richard Crouse

Inferno	★★
Moonlight	★★★★
The Handmaiden	★★★★
American Pastoral	★★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

In 1999 the Catholic League denounced Dogma's tale of two fallen angels (Ben Affleck and Matt Damon) trying to get back into heaven as "blasphemy." More recently, uproar erupted over Darren Aronofsky's unorthodox take on the story of Noah. Jerry Johnson, president of the National Religious Broadcasters, loudly objected to the film's "insertion of the extremist environmental agenda."

Perhaps the most controversial religious film ever was The Devils, based on Aldous Huxley's nonfiction book The Devils of Loudun. Years before Ken Russell made the movie, a filmmaker approached Huxley wanting to turn the story of a radical 17th century French Catholic priest accused of witchcraft and burned at the stake, into a film. Huxley said, 'Don't do it.'

He thought there was no way the story could be presented in an entertaining way without short-circuiting people's minds. Turns out maybe he was right.

Forty-five years after its release Russell's film is little seen but much talked about. Banned, censored and still unavailable in its complete form on Blu-Ray, the movie's graphic church orgy offended many — and was cut and removed by censors — but it's more than shock and titillation.

It's a film that makes a serious statement about the struggle between church and state but does so in an entertaining and provocative way.

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Naomie Harris has generated critical acclaim and Oscar buzz for her portrayal of a single mom in her latest feature, which follows a youth trying to navigate adolescence in the slums of Miami. CONTRIBUTED

Moonlight a new phase for Harris

ON SCREEN

British actress talks career, women in film, new indie flick

Steve Gow
For Metro Canada

She may have starred in the Pirates of the Caribbean franchise and played Moneypenny in the past two James Bond blockbusters, but it's a small indie flick that's getting Naomie Harris truly excited.

"This movie is so beautiful and I love the way it's touching people," said the English actress about her latest feature Moonlight. "People are saying that they're looking at life in new ways; it's very rare that you get a movie that touches people as deeply as this."

Since premiering at the Toronto International Film Festival, the Barry Jenkins-directed drama following a youth trying to navigate adolescence in the slums of Miami has been winning critics and building Oscar buzz for Harris's portrayal of the protagonist's strung-out single mom.

"What I always look for is an amazing script that (when) I read it, it moves me as Moonlight did," said Harris about playing the maternal crack-addict. "(I like) a character that scares me because I always like to do something completely different and be challenged."

Harris largely credits sophomore auteur Jenkins for guiding her through such a tumultuous part — especially one she filmed during a three-day break from promoting Spectre. However, even more than his direction, the actress insists Jenkins's sensitive script was what really stood out.

"Hollywood has an issue for writing for women in general," said Harris, adding that a profession dominated by dudes often means an understated female perspective. However, the 40-year-old Harris is also happy to report opportunities are improving with age. "Things are always getting better and I certainly feel like I have a better quality of scripts than I ever had before."

With a filmography that stretches back to the '80s, Harris is also impressively zen when it comes to reminiscing about a storied career that includes playing everything from a voodoo witch to Winnie Mandela.

"You do the very best you can and you hope people will go and see it but I always think the right movie finds the right person at the right time," stated Harris, before making one concluding addendum. "But I do believe everybody should go see Moonlight."

TOP ROLES

- **Moneypenny:** In Spectre and Skyfall, Harris took on the renowned part of the MI6 secretary with a distinct romantic magnetism to James Bond.
- **Tia Dalma:** A voodoo queen with magical powers, Harris starred opposite Johnny Depp's Jack Sparrow in a pair of Pirates of the Caribbean pictures.
- **Winnie Madikizela-Mandela:** Harris portrayed the controversial wife of anti-apartheid-advocate Nelson Mandela in this 2013 award-winning biopic.

> **People are saying they're looking at life in new ways; it's very rare that you get a movie that touches people as deeply as this.**
> Naomie Harris

Top film frights to stream this Halloween

Hush is a horror flick that will keep you on the edge of your seat. A deaf writer must fight for her life after a masked killer shows up at her window. CONTRIBUTED

This 1973 British horror film, Legend of Hell House, follows a group of researchers who spend a week in a haunted mansion. CONTRIBUTED

HORROR

Metro picks 10 of the scariest films available from Netflix

Chris Alexander
For Metro Canada

'Tis the season to be scared! As Halloween approaches fright film fans both casual and hardcore go searching for horror and there's no better place than Netflix to find your screen screams. This fall, the streaming service has amassed a pretty impressive wave of classic and contemporary genre films guaranteed to raise hackles and promote sleeplessness. Metro picks eight of the most terrifying on the Netflix roster.

1. Jaws (1975) A perfect film about a perfectly rude great white shark and the brave souls who try to stop its reign of toothy terror. Steven Spielberg's breakthrough horror adventure just keeps getting better with age.

2. Re-Animator (1985) H.P. Lovecraft's tale of mad science and speaking severed heads becomes director Stuart Gordon's gory, erotic black comedy masterpiece. Plenty of zombie action and oodles of bad taste.

3. Sweeny Todd (2007) Tim Burton's blood-soaked adaptation of Steven Sondheim's cannibal barber musical just might be the director's best film. It's certainly his goriest and the cast — including Johnny Depp and the late Alan Rickman — is truly mesmerizing.

4. The Babadook (2014) Parents at the end of their ropes will get an extra shiver from this tale of a stressed out single mom under siege from a black hearted boogeyman. Chilling stuff.

5. We Are What We Are (2013) The American remake of the acclaimed Mexican indie shocker is even better; a dark, bloody tale of a murderous cannibal clan who are falling apart.

6. The Fury (1978) Brian De Palma's outrageous horror thriller pits psychics against each other with explosive results. Worth it for the crazed final shot alone and a great macho performance by Kirk Douglas.

7. Hush (2015) One of the greatest home invasion horror films ever made helmed by one of the greatest modern horror directors, Mike Flanagan, whose Ouija: Origin of Evil is currently haunting theaters.

8. Hellbound: Hellraiser II (1988) This atmospheric and wildly gory sequel to Clive Barker's 1987 sex and death classic is arguably even better than the first instalment.

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3	4	8	2	6	5	1	9	7
7	2	9	1	3	4	6	8	5
5	9	6	7	2	3	8	1	4
2	7	3	8	4	1	9	5	6
8	1	4	6	5	9	2	7	3

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Cranston breaks down bad bumps on the road

INTERVIEW

Actor's memoir confronts fears, reveals the DNA that drives him

Bryan Cranston seems so far apart from the murderous Walter White that one wonders how he was able to channel such darkness with Emmy-worthy ferocity in Breaking Bad.

But in his new memoir, A Life in Parts, Cranston details a real-life incident that helped him get in character: an unhinged ex-girlfriend who threatened his life and made him have violent thoughts about her.

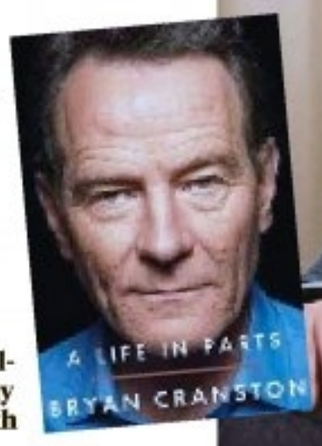
"She threatened my life. She threatened to kill me and it was a constant thing and there were times when I thought I was going crazy," Cranston said of the woman (Later he married actress Robin Dearden and they've been together 27 years).

It's one of the more revelatory moments in the book, released earlier this month. The Emmy-winning, Oscar-nominated Cranston covers everything from his early childhood to his signature role on Breaking Bad to personal challenges. Cranston, 60, discussed some of those moments in a recent interview.

You write about wanting to kill your ex-girlfriend, what drove you to that?
I was flush with fear and I felt like a trapped animal and I realized that I was capable of killing someone. That experience helped me in developing Walter White in the transition that he made, because Walter had to come to terms with that himself. That he was actually a good guy, but transitioning into not such a good guy ... he was able to be honest with himself and say, "Yeah I could take another life," and that is a tough thing to say to the person in the mirror.

What made you want to write a book at this point of your career?
I am aware from an objective point that the wave, the tsunami wave that Breaking Bad created also created tremendous opportunity for me, and there is a peak and valley to careers and that includes fame. If you are lucky to ride this wave of fame to a plateau — it won't last there. I guess it is just a blue-collar work ethic that I was raised with.

In the book you talk about your dad being dissatisfied as an actor. Why follow in his footsteps?
It was in my DNA, and they were actors — my parents were both actors — so that was part of it. So really when you think about it in that sense, you're going into the family business, so it's very common. The turmoil that my dad went through, and then by extension, the kids went though, was profound and disastrous for the marriage, for the family.



In season two of Breaking Bad, Walter watches Jesse Pinkman's girlfriend die. Why did Jane's death affect you?
I had this transformative experience that is almost hallucinogenic that — that I saw the face of my real daughter, Taylor. Her face took the place of Krysten Ritter and it made me, uh, just you know, hesitate. And God it is funny — every time I retell this story or when I wrote that story in the book, there is an uneasiness in my chest 'cause I think it is my biggest fear. It is my biggest fear, something happening to a child, your child, is unfathomable.

Bryan Cranston says his blue-collar ethic drives him to make the most of success. CONTRIBUTED

How long do you plan on working?
When the sun is shining, make hay, because it would be sunset on my career at some point, and when it is, I want to be exhausted. I want to be done, and actually, go "I had a good run. No regrets. I'm ready to step aside."

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Minnesota city council says Prince's Paisley Park museum can open permanently

On the trail of ghosts in NY State

HALLOWEEN

Spooky spots reveal ghost hunting is just like fishing

Jennifer Bain
Torstar News Service

The Sylvan Beach Amusement Park is among the haunted haunts you can visit. SYLVAN BEACH AMUSEMENT PARK

Casper Cop chucks coins across the darkened Treasureland arcade at the Sylvan Beach Amusement Park and lets them ricochet on the ancient wooden floor.

"It's James. I've got a friend here who'd like to meet you. I've got recorders going. You gonna do something for us? We'd really love to meet you."

Casper Cop is private investigator James Pendell by profession and ghost hunter by passion. He has a seasonal gig leading the Park After Dark Ghost Tours.

"I've got a penny," Pendell says cajolingly to the darkness. "Will you throw it back to me? Where's my little girl?"

A prankster spirit child sometimes tosses the coins back or jingles them. She's one of the many ghosts said to roam this paranormal paradise in a vintage amusement park.

Pendell's tours start just as the park is closing and continue when he has the place to himself for several spooky hours, making for a "high freakout factor."

He has earned one of 65 spots on the Haunted History Trail of New York State, which launched three years ago and keeps adding places such as creepy inns, parks, theatres, museums, restaurants and cemeteries, offering ghost stories, tours and hunts.

Ghost hunters use Maglites (a type of flashlight), cameras, dowsing rods, video recorders, audio records, electronic voice phenomena recorders and other tools to communicate with the spirit world.

You don't have to be a true believer to be captivated by the haunted trail.

Fans of shows like Ghost Hunters, Ghost Adventures, Haunted Collector and Scariest Places on Earth are drawn to it. So are the merely "paranormal curious."

"Could you do something for us today?" Pendell pleads with his prankster spirit. "I've got a penny. Will you throw it back to me?"

Not tonight. We hunt in other dark, empty buildings, inviting the spirits to play knocking games, mess with salt and pepper shakers, and manipulate flashlights, but nobody wants to play.

"People say when I die I'm going to haunt this place, and I say I just might — the legend of Casper Cop." (Note: The park has just decided to put its ghost hunts on hold, so look for Pendell through his website.)

Ghost hunting is often likened to fishing. Sometimes the fish bite like mad and sometimes they don't, but fishing is so pleasurable it hardly matters.

I spent three days driving New York's haunted trail, visited 12 spots, met countless characters, such as Pendell, and embarked on five ghost hunts. Did I see, hear, feel or photograph a ghost? Not definitively.

At the Historic Palmyra Wm. Phelps General Store/Palmyra Museum, executive director Bonnie Hays tries to communicate with a girl named Holly who died in a fire with her mom and five siblings.

We sit in the parlour where Holly likes to hide under a table with a basket of toys, but she pretty much ignores our overtures. Eventually someone else seems to reach out via the Maglite we set out.

With these small flashlights, you rotate the heads until they illuminate, twist them back to the barely off position and put them on a flat surface. Ask yes or no questions and the spirits just might answer by flashing the lights.

At the Naples Hotel in the Finger Lakes, innkeeper Dominick Gallo also favours the Maglite approach.

"I know you're here. Could you please give us a sign? Turn on one of the flashlights. Please don't skunk me tonight." (Getting skunked is a fishing term for when you don't catch anything.)

Gallo instructs us to take pictures, especially in the corners of haunted guest rooms, and look at them later to see if we caught any orbs, figures or faces. We didn't. But the spirits do finally respond when we settle in Gallo's office.

"If you're a male spirit, can you please turn the flashlight on for me?" Gallo pleads.

Nothing.

"If you're a female spirit, please turn the flashlight on for me?"

Nothing.

"If this is the kids, can you please turn the flashlight on? Touch somebody? Give another sign you're here."

Nothing.

"Are you bothered? If we're bothering you, please turn the flashlight on."

The light flashes.

He interprets the subsequent erratic series of flashlight bursts as meaning two spirits, one strong and one weak, are taking turns communicating.

IF YOU GO

The Haunted History Trail of New York State (hauntedhistorytrail.com) boasts 65 stops across 13 counties in New York state.

Jennifer Bain was hosted by the Haunted History Trail of New York State and its partners, none of which reviewed or approved this story.

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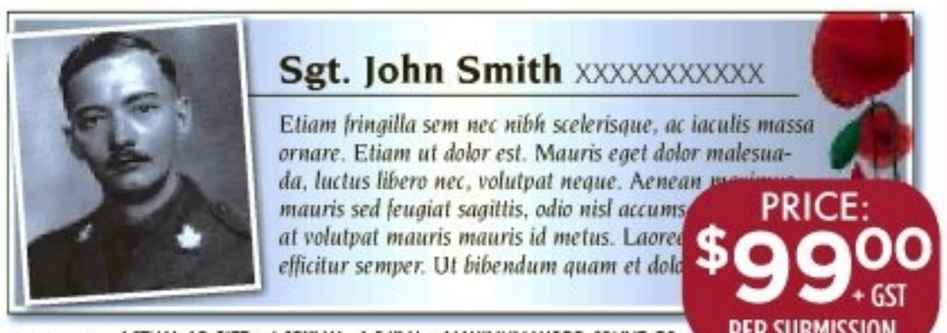

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TRAVEL NOTES THE VATICAN, PHOTOGRAPHY AND THE QUR'AN

Vatican City vacancy

Now this is an open house: The Vatican is opening the private apartment at the Castel Gandolfo papal summer retreat to the public, giving visitors a rare look at the bed where Popes Pius XII and Paul VI died and where John Paul II recovered from the 1981 assassination attempt. Pope Francis has declined to use the unit, meaning that the 55-hectare (135-acre) estate in the Alban hills south of Rome is increasingly being opened to the public.

THE ASSOCIATED PRESS

Vancouver exhibit

The Vancouver Art Gallery is set to open what it says is the most comprehensive exhibition of work by the influential American photographer Walker Evans ever shown in Canada. Walker Evans: Depth of Field features more than 200 photos from the 1920s to the '70s. Many of them have become iconic, made in the U.S. during the Great Depression. The show runs from Oct. 29 to Jan. 22. Gallery director Kathleen Bartels said Evans' work holds "a special significance" in Vancouver.

THE CANADIAN PRESS

The Qur'an in D.C.

Two consecutive pages of this Qur'an will be on display during the show The Art of the Qur'an: Treasures from the Museum of Turkish and Islamic Arts,[80] which opens Saturday at the Arthur M. Sackler Gallery. The sprawling pages, each measuring 5 feet by 7 feet, with rows of calligraphy standing 8 to 9 inches high, date from about 1400. Curator Massumeh Farhad says these pages reference the feared nomadic conqueror, Timur, who ruled a huge empire based in central Asia.

THE ASSOCIATED PRESS

Castel Gandolfo. GETTY IMAGES

Walker Evans. THE CANADIAN PRESS

Sackler gallery. GETTY IMAGES

DESTINATIONS

Lonely Planet names Canada as 2017's top destination spot

Canada has been named Lonely Planet's destination of the year for 2017. Colombia and Finland were rated second and third respectively in Lonely Planet's Best in Travel 2017 guide, hitting bookstores Tuesday.

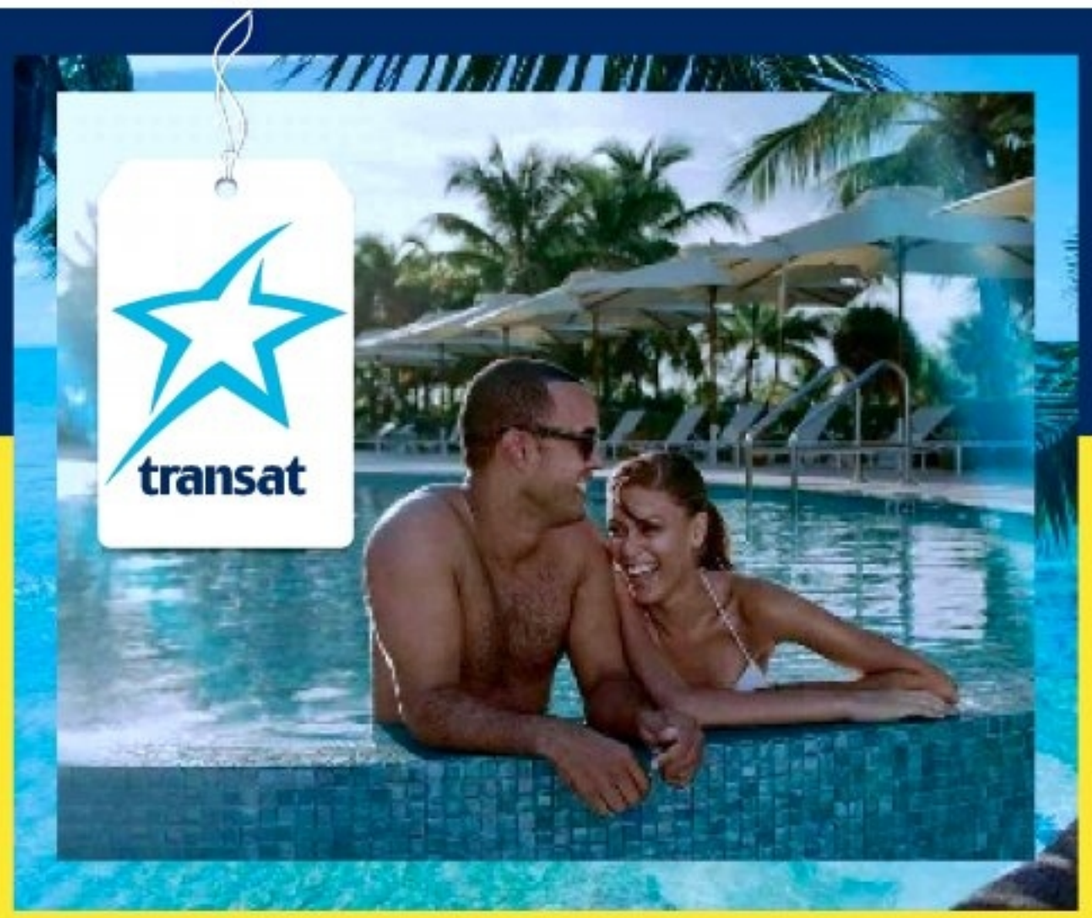
Reasons cited to visit Canada were next year's "elongated birthday party," with the country celebrating 150 years since Confederation, and a weak Canadian dollar pushing down prices, giving visitors "plenty of pocket money to spend on Canada's exciting fusion food and mysteriously underrated wine."

On Canada Day, the guide tells visitors to "expect 2017's parades, ceremonies and parties to be particularly memorable."

Lonely Planet says the top three regions to visit in 2017 are Choquequirao, Peru; Taranaki, New Zealand; and Azores, Portugal.

THE CANADIAN PRESS

Canada (1st), Colombia (2nd) and Finland (3rd) are LP's top destinations for 2017. ISTOCK IMAGES



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metro SPORTS

Built in 1914, Wrigley Field was first known as Weeghman Park and the Cubs began playing there in 1916. The World Series shifts to Wrigley this weekend.

Defensive Canucks' frontline struggling

NHL

'We are not going to be that power offense team': H. Sedin

Peter Budaj of the Los Angeles Kings, right, makes a save on Brandon Sutter of the Vancouver Canucks for a 4-3 overtime shootout win at Staples Center. HARRY HOW/GETTY IMAGES

After a perfect start to the regular season, a couple of familiar warts are starting to pop up on the Vancouver Canucks.

The club that finished 29th in goals in 2015-16 sits last in the NHL with just 14 through seven games, including two in overtime. The offensively challenged Canucks were always going to rely on defensive structure and good goaltending to try and grind out wins, but they directed just three pucks on net in the third period of Tuesday's 3-0 home loss to the Ottawa Senators, and sat 26th in even strength shot differential at 46.28 per cent heading into Thursday's action.

"We're not going to be a power offence team, that's just the way it is," said Vancouver captain Henrik Sedin. "That's the way we have to win. We have to realize that." The Canucks won their first four games of the year — two in OT, one in a shootout and another in regulation — with three of those victories coming by way of 2-1 scorelines, before losing 4-3 at the Los Angeles Kings and 4-2 at the Anaheim Ducks last weekend prior to that setback against Ottawa.

Vancouver won three of its games despite trailing after 40 minutes — the club accomplished that feat three times all of last season — but Sedin has noticed the team beginning to stray from what had made it successful early, a trend that had consequences at both ends of the rink.

"We're not really doing the things we need to do structure-wise to create offence," said Sedin. "We're leaning to the offence a little bit too much, and trying to create turnovers at the wrong spots and cheating a little bit. If you do that, a lot of times the puck is going to end up in our end and we have no juice to get going the other way. "We have to rely even more on our structure, but when we turn a puck over we've got to go."

14

The number of goals the Canucks have scored in the last seven games.

The system Vancouver has implemented sees the forwards get back quicker to help out in the neutral zone to avoid odd-man rushes against. Head coach Willie Desjardins stressed there should still be opportunities to create offence 5-on-5, even though that facet of the game has been severely lacking with just 11 goals at even strength so far this season.

"A good defence is a good offence," said the third-year coach. "That's the way you create offence. When we play our best hockey we're playing good defensively, we're turning pucks over, and that's creating the offence. Our structure hasn't been as good the last two games. We've haven't created as much.

"Some of the first games we didn't score, but we created lots of chances. We have to get back onto that path."

THE CANADIAN PRESS

CANADIAN OLYMPIC COMMITTEE

$37M more invested into Own the Podium

The Canadian Olympic Committee said Thursday it is renewing its commitment to high-performance sport by investing $37 million in funding over the next four years through the Own The Podium program.

Chris Overholt
TORSTAR NEWS SERVICE

The funding amount is consistent with the amount the COC invested in the previous quadrennial. Canada won 22 medals last summer at the Rio Olympics: four gold, three silver and 15 bronze.

"We've made some investments along the way and as we heard today and as we've seen first-hand in Rio, those investments are working," COC chief executive officer Chris Overholt said. "But the competitive landscape just continues to go up so we've got to keep our focus on maximizing our investment in sport."

The COC also announced it will commit $16 million in new funding for the growth and development of the next generation of Olympians, an amount that will be matched by the federal government.

THE CANADIAN PRESS

NEXT UP

The 2018 Winter Olympics will be held in Pyeongchang, South Korea. Tokyo will host the next Summer Games in 2020.

IN BRIEF

Wade stars on Bulls debut

Dwyane Wade scored 22 points in a triumphant Chicago debut, Jimmy Butler had 24 and the Bulls won their season opener, beating the Boston Celtics 105-99 on Thursday night.

Taj Gibson added 18 points and 10 rebounds, and the new-look Bulls got off to a winning start after missing the playoffs last season for the first time since 2008. Isaiah Thomas led Boston with 25 points.

THE ASSOCIATED PRESS

Montreal defeat D.C. United

Matteo Mancosu scored twice to lead the Montreal Impact to a 4-2 win over D.C. United in the knockout round of the MLS Cup Playoffs on Thursday.

The fifth-seeded Impact will host the top-seeded New York Red Bulls on Sunday in the first game of the two-leg Eastern Conference semifinals. Elsewhere Seattle Sounders won 1-0 over Sporting KC in the first round playoff.

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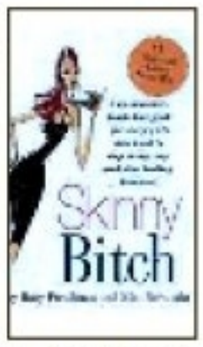

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Cubs determined to beat the curse

MLB

World Series in Wrigley for first time in 71 years

Chicago Cubs slugger Kyle Schwarber was followed by fans with cameras and cellphones. A couple of Cleveland pitchers played hacky sack in the outfield.

So, no, nothing like the last World Series at Wrigley Field.

The Fall Classic returns to one of baseball's iconic ballparks on Friday when Chicago and Cleveland face off in Game 3 after splitting the first two nights in chilly Cleveland. It's the first World Series game at Wrigley since Hall of Famer Hank Greenberg helped the Detroit Tigers to a 9-3 victory in Game 7 on October 10, 1945 .

The expectation is, well, even more bedlam than usual. The Cubs, seeking their first championship in 108 years, played in front of packed, frenzied crowds for much of the season, and even Cleveland are looking forward to the scene.

"Tomorrow's going to be unbelievable," Cleveland slugger Mike Napoli said. "I watched when they clinched to go to the World Series and how crazy it was and seeing the fans in the streets where they had to have police escorts. You could just see the crowd just part ways."

Corey Kluber pitched Cleveland to a 6-0 win on Tuesday, striking out nine in a dazzling performance. After Josh Tomlin makes his third playoff start in the Wrigley opener, Kluber looms over Game 4 on Saturday night on short rest.

> I watched when (the Cubs) clinched to go to the World Series and how crazy it was and seeing the fans in the streets where they had to have police escorts.
> Mike Napoli

The Cubs returned to Chicago on a high after working over Cleveland's pitching staff in a 5-1 victory Wednesday night. Trevor Bauer lasted just 3 2/3 innings, beginning a parade to the mound that included six relievers and a total of 196 pitches.

"That was the plan, to get at least one over there and bring it back home," second baseman Javier Baez said. "Everybody is excited to be here in Chicago. Everybody has been waiting for this moment." THE ASSOCIATED PRESS

The Cubs' Kyle Schwarber hits an RBI single against Cleveland during Game 2 of the World Series on Wednesday night. CHARLIE RIEDEL/THE ASSOCIATED PRESS

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FINANCIAL

SPIRITUALISTS

RECIPE Pepperoni Pizza Grilled Cheese

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Fridays should mean low-effort, big-flavour dinners, right? Enter the ooey-gooey pizza-inspired grilled cheese to the rescue!

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 10 minutes
Makes 2 sandwiches

Ingredients
- 4 slices of sourdough or wholegrain bread
- 2 tsp garlic butter
- 1/2 cup ricotta cheese
- 4 basil leaves, torn into small pieces
- 2 slices mozzerella cheese
- 16 to 20 slices of pepperoni
- 2 slices fontina cheese
- Extra virgin olive oil

Directions

1. Preheat a skillet over medium heat with a drizzle of olive oil.

2. Butter one side of each slice of bread. Place pieces of bread butter side down on a clean surface or cutting board. In a small bowl, mix ricotta with basil pieces. Spread one slice of bread with about a tablespoon of ricotta. Place one slice of mozzarella on ricotta cheese. Now place a layer of 8 to 10 pieces of pepperoni down. Lay a slice of fontina on other slice of bread. Close sandwich and place in skillet.

3. Grill until lightly browned and then flip over; continue grilling until cheese is melted and gooey. Repeat for second sandwich.

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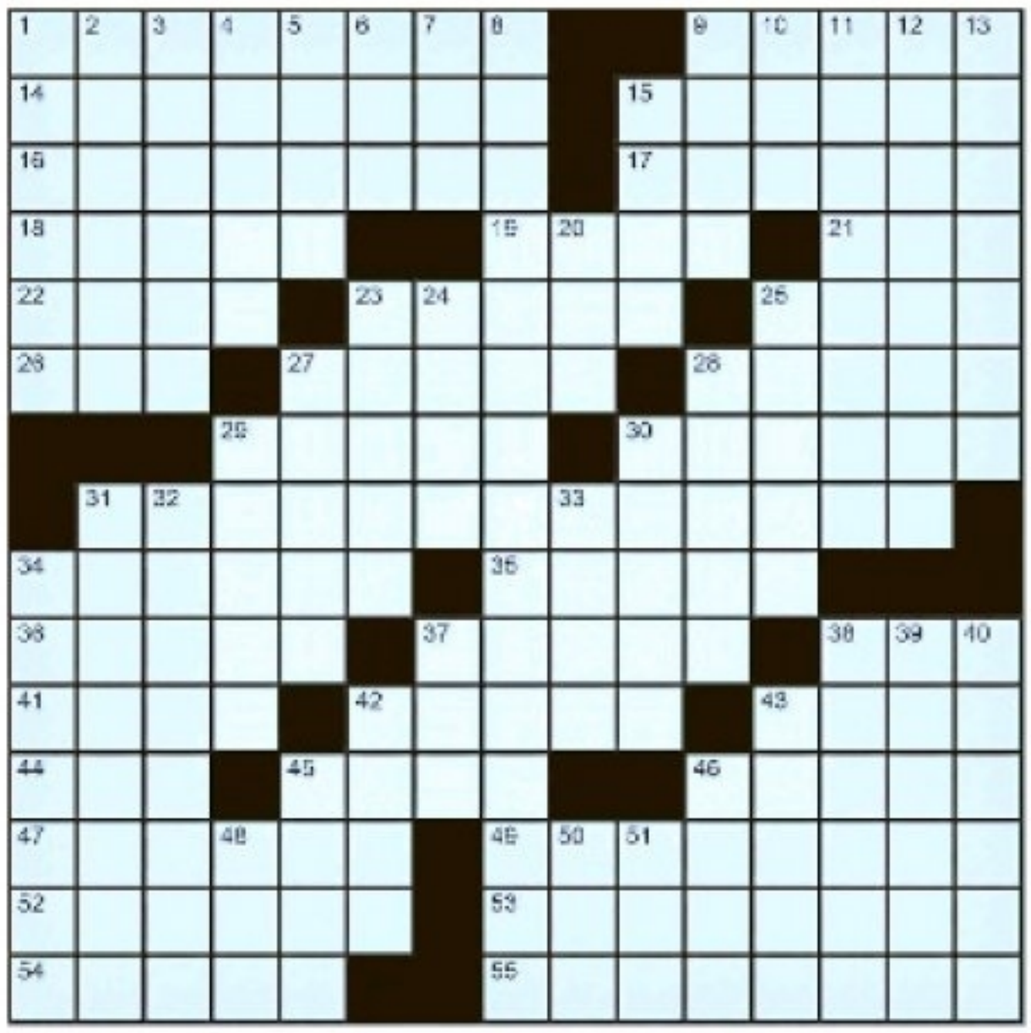
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Oboe
9. Devilish dude
14. Super happy
15. Epoch when ancestors of the modern horse appeared
16. In _ (Without being present, Latin-style)
17. Really is reluctant
18. Church members
19. American astronaut Sally
21. Soak flax
22. Scandinavian tale
23. The way a fox would do something
25. Compete in a logrolling event
26. Ms. Wallace of "Cujo" (1983)
27. Duck's doctor?
28. Jumpy
29. TV feed's sound
30. _ peanuts
31. Joe Flaherty starred as Dr. Fred Edison on what early 1990s Sci-Fi comedy series?: 2 wds.
34. Ontario's Trent-_ Waterway
35. Furious
36. Arctic boat
37. Suffix to 'Land'
38. Seasonal bug
41. Shakespeare King
42. Owed obligations
43. Capital of Valais, in Switzerland
44. Mountain explosive, commonly
45. Swanky transport
46. Some kicks of the football
47. Repents
49. Facing
52. "There's time still.": 2 wds.
53. 1883's history-making volcano of Indonesia
54. Supporting coaches, for short
55. Most tranquil

DOWN
1. Went from unwell to well
2. Song of dawn
3. 1980 Diana Ross chart-topper: "_ Down"
4. Greek alphabet's 8th letter
5. Skeleton's characteristic
6. Smidgeon of lunch
7. Installment in the 'Halloween' horror franchise
8. Tales from the Crypt printed fare: 3 wds.
9. Huffy
10. Champion
11. Sternly scold: 2 wds.
12. Big surname in fairytales
13. Snug
15. Guitar great Duane
20. Variety
23. Where Khartoum is the capital
24. Secular
25. Contradict
27. Eccentricity
28. Preference
29. 'Close by', in verse
30. Breaks branches
31. Sentimental souvenirs
32. Canadian History... Marion Orr and J.A.D. McCurdy: 2 wds.
33. "How now, _ _?" - Hamlet
34. Seedless grape variety
37. Theological sch.
38. Limited/measurable
39. Instant millionaires have won 'em
40. Remove from power, as in politics
42. Recipe's result
43. Lazy _ (Kitchen cupboard upgrade)
45. Not as much
46. _ around (Do some of a sleuth's work)
48. Pecan or cashew
50. Prior to
51. Golfing standard

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Avoid arguments with authority figures today, because things are just too unpredictable! If you think you see problems coming, give your boss a wide berth.

Taurus April 21 - May 21
This is an unpredictable day, so be very careful. Travel plans will be canceled or rescheduled. This also is an accident-prone day. Use caution!

Gemini May 22 - June 21
Make friends with your bank account, because something unexpected might affect your finances. Surprises related to shared property and inheritances could catch you off guard.

Cancer June 22 - July 23
Be patient and diplomatic with partners and close friends in order to avoid fights today. Everything is up for grabs!

Leo July 24 - Aug. 23
This is an accident-prone day at work. Computer crashes and equipment breakdowns will interrupt your day. Allow extra time for wiggle room.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your kids, so be vigilant. This also is a very dicey day for romantic relationships. Be patient with everyone.

Libra Sept. 24 - Oct. 23
Domestic strife might occur today, because chaos on the home front puts your nerves on edge. Small appliances might break down, and minor breakages could occur. Have patience.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day, so be careful. Think carefully before you speak or do anything. Things will not unfold the way you expect them to.

Sagittarius Nov. 23 - Dec. 21
Keep an eye on your possessions and assets today. You might find money, or you might lose money. Guard your possessions against loss, theft or breakage.

Capricorn Dec. 22 - Jan. 20
You feel impulsive and impatient today. Don't let your lack of patience get you in trouble. Easy does it.

Aquarius Jan. 21 - Feb. 19
You are unsettled today. You feel as if you're waiting for the other shoe to drop. That's because today is a bit of a crapshoot, and everyone feels it.

Pisces
Feb. 20 - March 20
A friend might surprise you by doing something you least expect. Don't overreact. Likewise, a group to which you belong might oppose what you say. Go gently. If you act without thinking, you could lose friends and your reputation.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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